



# TA Picture Sharing













## THE SWEET FACTS.

Your Drink (20 fl oz without ice)	Teaspoons of Added Sugar*
Regular Cola (250 Cal) .....	17.25
Agave Lemonade (160 Cal) .....	9.75
Blood Orange Lemonade (160 Cal) .....	8
Passion Papaya Green Tea (130 Cal) .....	2.75
Prickly Pear Hibiscus Fresca (90 Cal) .....	0
Plum Ginger Hibiscus Tea (0 Cal) .....	0
Unsweetened Black Iced Tea (0 Cal) .....	0

Teaspoons are easier than grams.

\* 4 g / teaspoon









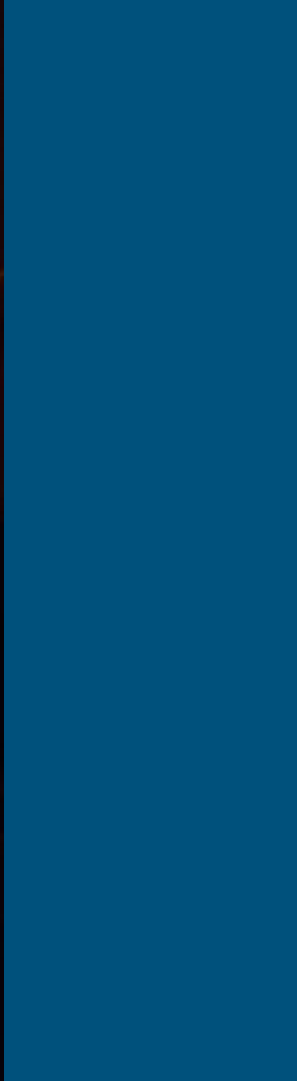








































































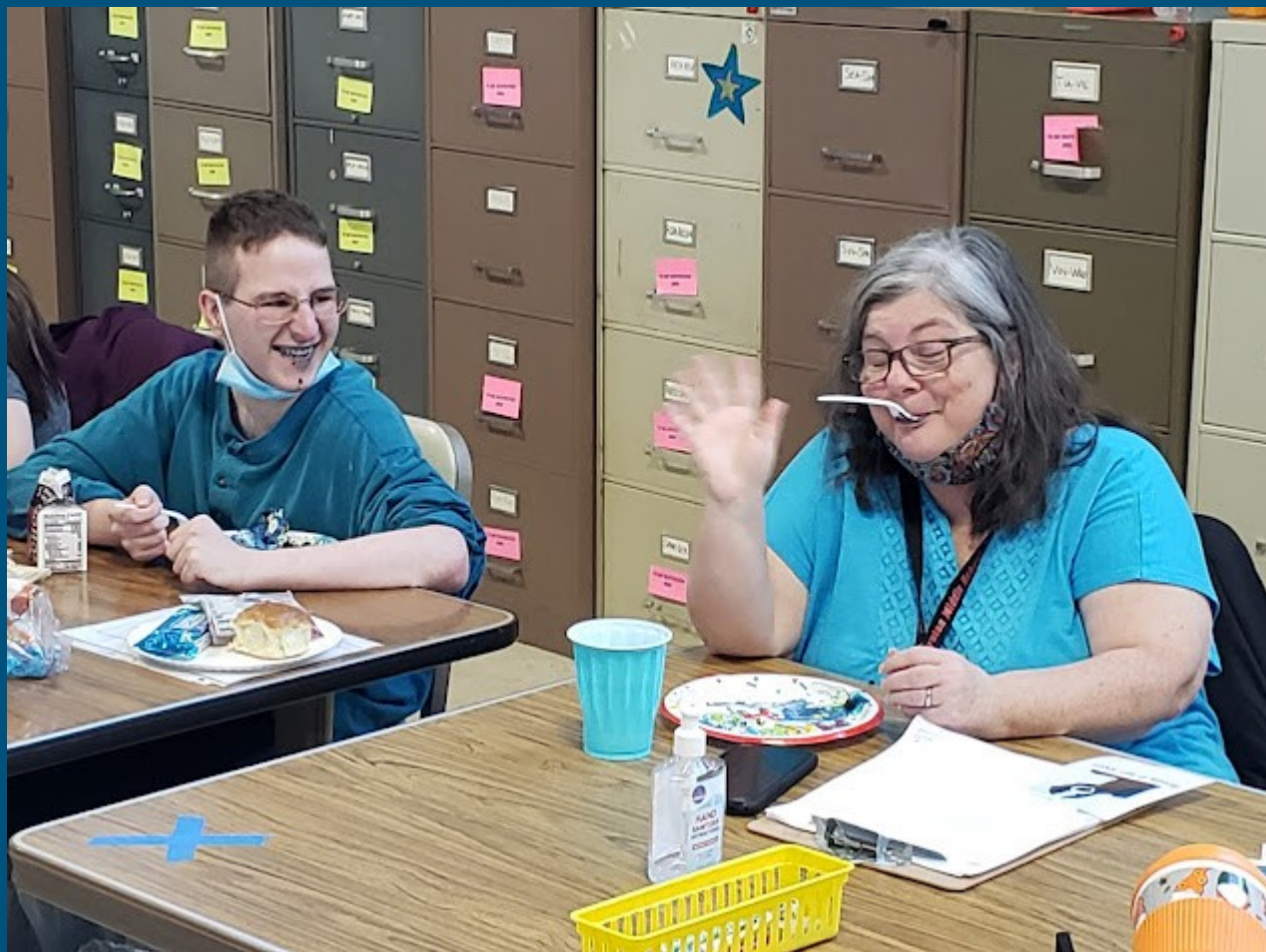




































































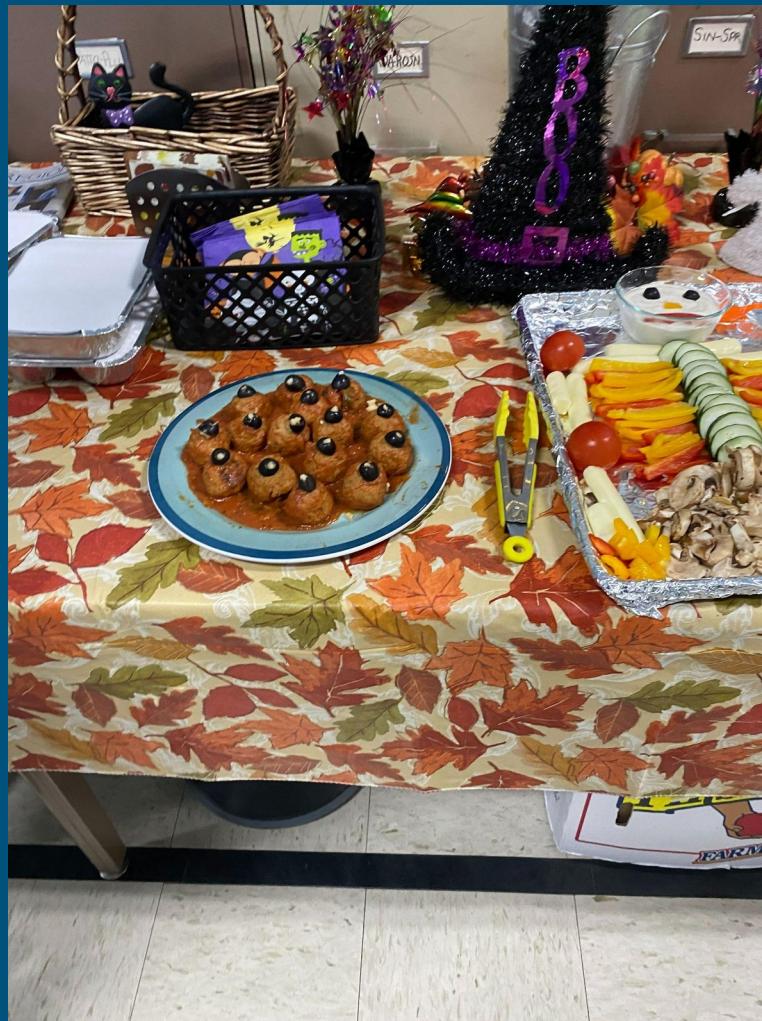










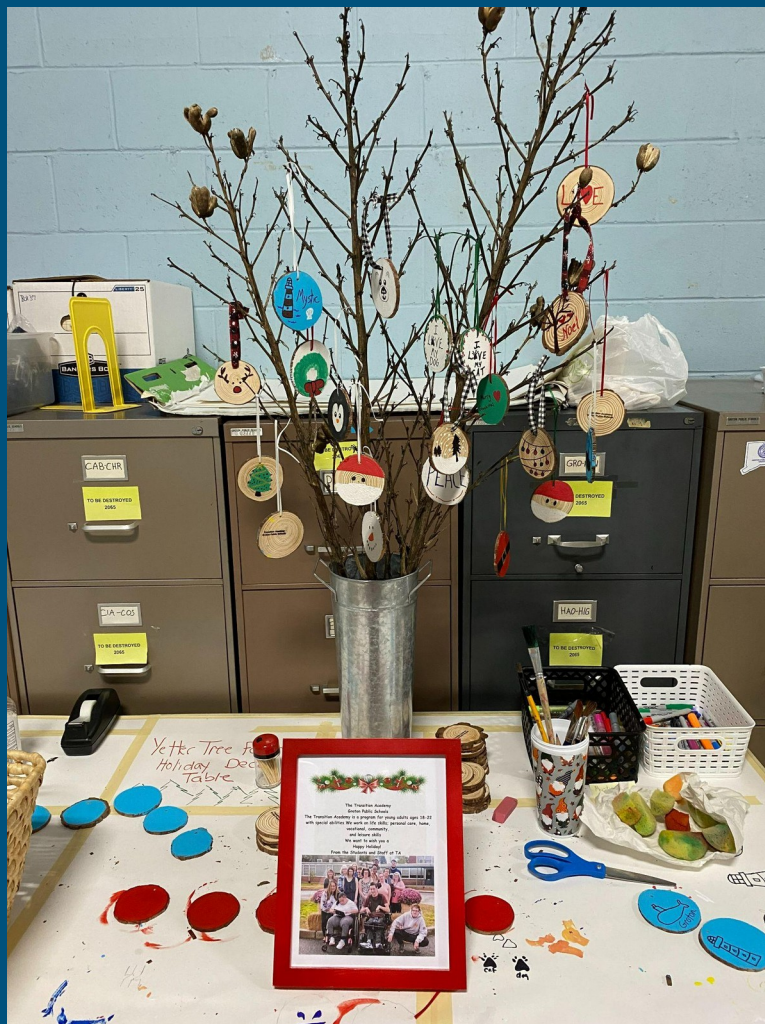




























































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ne help,  
dn't be

able to make everything for  
her family.

"It really does help a lot,"  
she said. "I'm a single mom  
and out of work right now, so  
it does really come in handy."

A group was volunteering at  
Friday's distribution from Gro-  
ton Public Schools' Transition  
Academy, a program that teach-  
es life skills to students with dis-  
abilities between the ages of 18  
to 22. The volunteers included  
paraprofessionals Laurel Berns  
and Jackie Latham and students  
Austin Morgan, Alfredo Brown,  
Diamantis Lenoudias and Joe  
Joe Jeffreys.

"It makes me feel so hap-  
py," Lenoudias said of help-  
ing people get ready for their  
Thanksgiving meal.

Jim Mitchell was among a  
group of members of the Ro-

band work  
food being  
the Thanks  
helps a lot.

"I feel  
blessed," s

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